

Mental Health Clinic

2501 Capehart Road, Bldg 4000 (2nd Floor)

(402) 232-2273, opt 13 or (402) 294-7411

Hours of Operation: Monday - Friday, 7:30 a.m. - 4:30 p.m.

****For any crisis/emergency: call 911, report to the nearest ER, or contact the toll-free, confidential 24-hour hotline: 1-800-273-TALK (8255).**

The Mental Health Clinic offers a wide variety of behavioral health services to support individuals, families, and the military mission. *Active duty military members have priority for services.*

Dependents and retirees are eligible for assessment and treatment following TRICARE guidelines for access to care, depending on the capacity & capability of the clinic to properly manage each case.

Non-active-duty TRICARE beneficiaries may be seen in the network without a referral/prior authorization for the first 8 appointments per fiscal year (1 Oct - 30 Sept) with a network provider for a medically diagnosed & covered condition. Care access/rules vary by beneficiary type, location, TRICARE program option, so check your specific TRICARE benefits: www.tricare.mil or 1-877-988-WEST (1-877-988-9378) or visit the TRICARE service center.

Services include:

- Individual Counseling
- Group Therapy (Post Traumatic Stress Disorder)
- Educational Classes (Healthy Thinking, Sleep Hygiene)
- Marital Counseling
- Relaxation Interventions
- Psychological Testing
- Psychiatry/Medications
- Command Consultations
- Traumatic Stress Response

Other resources:

- Military One Source: 1-800-342-9647
- 24-Hr Crisis Hotline: 1-800-273-TALK (8255)
- Military Crisis Line: <http://veteranscrisisline.net> or 1-800-273-8255 (Press 1)